

108TH CONGRESS  
2D SESSION

# H. RES. 855

Commending the “Trust in the Lives of Older Women” program and encouraging community organizations to participate in the program.

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## IN THE HOUSE OF REPRESENTATIVES

NOVEMBER 16, 2004

Mr. HOUGHTON submitted the following resolution; which was referred to the Committee on Education and the Workforce

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## RESOLUTION

Commending the “Trust in the Lives of Older Women” program and encouraging community organizations to participate in the program.

Whereas more than 42,000,000 women in the United States are over the age of 50 and nearly 16,000,000 of these women live alone;

Whereas 40 percent of women who are age 65 and older live alone and 50 percent of women over the age of 75 live alone;

Whereas women over the age of 65 outnumber men over the age of 65 by 20,800,00 to 14,800,000;

Whereas in 1995, Dr. Ron Hofsess founded the “Trust in the Lives of Older Women” program, a program which administers 4-week facilitated group sessions with older

women to help them address issues of importance in their lives;

Whereas the Trust in the Lives of Older Women program is designed to enhance, enrich, and promote well-being in the lives of older women;

Whereas through the program, women increase their mental stimulation and social interaction in a positive and life-affirming environment;

Whereas Dr. Hofsess trains facilitators from community groups, such as religious organizations, colleges and universities, and community centers, to lead Trust in the Lives of Older Women sessions across the country;

Whereas the program enables women to share their life experiences and their “intuitive wisdom” to solve common problems, increase their self-confidence, and build lasting relationships in a facilitated group setting;

Whereas the sessions are not designed to discuss a single disease or issue but rather to create an ongoing group support structure to address a wide range of concerns and challenges these women face;

Whereas at the end of the 4-week sessions, the women can choose to continue meeting as a group with their facilitator, which all have chosen to do so far; and

Whereas the Trust in the Lives of Older Women program benefits older women by providing them with social interaction and support and encouraging them to remain healthy and continue contributing to their communities:  
Now, therefore, be it

1       *Resolved*, That the House of Representatives—

1           (1) recognizes that the “Trust in the Lives of  
2   Older Women” program benefits older women by de-  
3   creasing their stress, isolation, anxiety, and depres-  
4   sion and providing trust, support, friendship, com-  
5   munity, and mental stimulation;

6           (2) commends the “Trust in the Lives of Older  
7   Women” program for encouraging older women to  
8   stay healthy and to continue making contributions to  
9   their communities; and

10          (3) encourages community groups, including re-  
11   ligious organizations, colleges and universities, and  
12   community centers to participate in the program by  
13   starting groups in their communities.

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